Personal Trainers at Foothills Park & Recreation District
(listed alphabetically)

Laura Adams
Certifications
• Bachelor of Science in Kinesiology
Education
• Bachelor’s in Behavioral Science
Contact
• 303-383-8715
ladams@fhprd.org

Michelle Baum
Certifications
• Certified Personal Trainer, ACE
• Certified Group Fitness Instructor, ACE
• Certified N’Balance Instructor, COA45
• SilverSneakers® Certified Instructor (Classic, Cardio Fit)
Education
• Bachelor in Science in Kinesiology
Contact
• 303-681-1438
mbaum@fhprd.org

Michelle Matuszynski
Certifications
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• XT Training, NM Sports & Wellness
• Fitness Nutrition Specialist, ACE
• Senior Fitness Specialist
Education
• Bachelor in Science in Kinesiology
Contact
• 303-483-8715
mmatuszynski@fhprd.org

Kimberly Spallone
Certifications
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• XT Training, NM Sports & Wellness
• Health & Fitness Instructor, ACSM
• SilverSneakers® Certified Instructor (Classic)
• Certified Group Fitness Instructor, ACSM
• Certified Personal Trainer, FITOUR
• SilverSneakers® Certified Instructor (Classic)
Education
• Bachelor’s in Behavioral Science
Contact
• 720-240-6740
kmspallone@fhprd.org

Matthew Martinez
Certifications
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• XT Training, NM Sports & Wellness
• Health & Fitness Instructor, ACSM
• SilverSneakers® Certified Instructor (Classic)
Education
• Bachelor of Science in Human Performance and Sports
Contact
• 303-578-1158
mmartinez@fhprd.org

Kimberly Spallone
Certifications
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• XT Training, NM Sports & Wellness
• Health & Fitness Instructor, ACSM
• SilverSneakers® Certified Instructor (Classic)
Education
• Bachelor’s in Behavioral Science
Contact
• 720-240-6740
kmspallone@fhprd.org

Brenden Temple
Certifications
• FitPro Advanced Personal Trainer
• CPR/AED Certified
Education
• B.S. in Exercise Science
Contact
• 720-892-1388
btemple@fhprd.org

Elizabeth Vlad
Certifications
• Certified Strength & Conditioning, NSCA
• Health & Fitness Instructor, ACSM
• Master’s in Kinesiology, University of Cincinnati
Education
• Kinesiology & Sports Medicine, BS
Contact
• 330-518-6548
evlad@fhprd.org

My Motto
“Enjoy every moment!”

A Bit About Me
I have been working in the Fitness/Wellness field for almost 30 years and teaching Pilates for 15+ years. I just can’t seem to get enough. I want to pass on the importance of an active lifestyle to my kids, family and friends. It is a great feeling helping others discover how staying active can improve our lives.

My Motto
“Obstacles are those frightening things that become invisible when we take our eyes off our goals.”

A Bit About Me
I have been at Foothills for back-to-back major surgeries, I began obsessing over finding the best ways to train which is what got me into the field. As my journey has continued, I’ve created countless memories with friends, athletes and peers.

My Motto
“SWOLE is the goal.”

A Bit About Me
Being a collegiate lacrosse player along with having back-to-back major surgeries, I began obsessing over finding the best ways to train which is what got me into the field. As my journey has continued, I’ve created countless memories with friends, athletes and peers.

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My Motto
“Every new day is an opportunity to become stronger, faster, and more flexible.”

A Bit About Me
I have always enjoyed all types of fitness. I have been in education for the past 20 years and enjoy learning and educating all individuals. As a family, my husband, I and our 3 girls have competed at the National and World levels in competitive jump rope. I am excited to be part of the Foothills team to promote health and fitness!

My Motto
“No human has the right to be an amateur in the matter of physical training, it is a shame for a human to grow old without seeing the beauty and strength of which his body is capable.”

A Bit About Me
I’ve been an athlete my entire life, but I found my passion for fitness and exercise through my own experiences, struggling with my weight and body image. Exercise and nutrition helped me gain the tools I needed to not only lead a healthy and active life, but also to live life fully and enjoy every minute of it. I believe with exercise and nutrition, you can truly heal your body, soul and mind; and give yourself the health and freedom to truly enjoy your life. I love teaching people proper strength training principles, how to eat healthfully, and how to use that strength in their life and sport.

My Motto
“Enjoy every moment!”

A Bit About Me
I have been personal training for over 16 years and I hold a B.S. in Nutrition from the University of New Mexico (go Lobos!). My background also includes having been a collegiate and international swimmer. I enjoy competing in triathlons and half-marathons and love coaching others on all levels.

My Motto
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Certifications
• Certified Personal Trainer, AFAA
• SilverSneakers® Certified Instructor (Classic, Boom)

Education
• Bachelor's Degree Fine Arts

Specialties
• Strength & Conditioning
• Functional Training
• Core Training
• Weight Loss

Contact
• 303-258-6017
• cwright@fhprd.org

Christine Wright

My Motto
"The best way to insure having exercise in your life is to make it fun and enjoyable for yourself."

A Bit About Me
I have been active my entire life and participated in many different sports as a child. As an adult, I have realized the importance of staying fit and continue to find fun ways of staying active. I have always had a passion for health and fitness and I love to share this with others. Whether you are just starting your fitness journey, or you are looking to improve your current routine, I can help you grow! I believe that everyone is capable of finding their personal best with hard work and perseverance. Let me help you reach your personal best!

Certifications
• Certified Personal Trainer, AFAA
• Pilates Mat Certified, Donna McLean Studio
• Certified Reformer Instructor, Polestar
• Certified N'Balance Instructor, COAW
• Cancer Fitness Institute Certified
• RIP Training Certified
• Parkinson Wellness Recovery Instructor, PWR
• Senior Fitness Specialist

Education
• Masters in Exercise Physiology

Specialties
• Senior Fitness
• Pilates Training
• Core Training
• Balance Training

Hobbies
• Hiking
• Running
• Skiing
• Snowshoeing
• My Animals

Contact
• 303-842-4133
• gyoung@fhrrd.org

Geri Young

My Motto
"Nothing is out of reach. With hard work, we can achieve anything!"

A Bit About Me
I have been active my entire life and participated in many different sports as a child. As an adult, I have realized the importance of staying fit and continue to find fun ways of staying active. I have always had a passion for health and fitness and I love to share this with others. Whether you are just starting your fitness journey, or you are looking to improve your current routine, I can help you grow! I believe that everyone is capable of finding their personal best with hard work and perseverance. Let me help you reach your personal best!